

Quick & Easy
77 KETO
- Dairy Free -
RECIPES



DAIRY FREE



DAIRY FREE

CLAUDIA J. CALDWELL

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KETO DAIRY FREE RECIPES

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HOT CHICKEN AND WAFFLES

Prep time: 40 Minutes

Nutrition Facts Per Serving

Calories: 572 Carbs: 22g Fat: 48g

Fiber: 4g Protein: 26g

Makes 7 servings

Ingredients

1 recipe Best Fried
Chicken Ever

¼ cup hot wing sauce

1 tablespoon cayenne

1 recipe Waffles

6 tablespoons sugar-
free maple-flavored
syrup

Method

In a bowl, toss the chicken in the hot sauce and cayenne.

Arrange the chicken on top of the waffles, drizzle the syrup over the top, sprinkle with powdered sweetener, and serve immediately.

KETO DAIRY FREE RECIPES

2 tablespoons Swerve
confectioners'

SAUSAGE GRAVY

Prep time: 10 Min

Cook time: 20 Min

Nutrition Facts Per Serving

Calories: 335 Carbs: 4g Fat: 31g

Fiber: 1g Protein: 10g

Makes 7 servings

Ingredients

2 tablespoons olive
oil

1 pound pork sausage

½ white onion, diced

1 tablespoon minced
garlic

1 (14-ounce) can
coconut milk

Method

Heat olive oil in skillet over high heat. Add sausage and cook, stirring and breaking up the meat with a spatula, until it begins to brown.

Add the onions and garlic, then continue to cook. Stirring frequently, until the sausage is browned and the onion is soft.

Reduce the heat to medium and clear a space in the center of the meat mixture. Pour the coconut milk into the space. Then,

KETO DAIRY FREE RECIPES

¼ cup almond flour

1 teaspoon amaranth
flour

1 teaspoon salt

½ teaspoon freshly
ground pepper

stirring the milk constantly, add the almond and amaranth flours

Cook, stirring, until the milk and flours are well combined

Now stir the milk mixture and the meat together to mix well, and cook until thickened. Don't be alarmed if the texture is thinner than what you might use to; it will still taste like an old-school, rich, creamy gravy

Season with the salt, and serve hot

SAUSAGE BREAKFAST HASH

Prep time: 15 Min

Cook time: 35 Min

Nutrition Facts Per Serving

Calories: 331 Carbs: 11g Fat: 27g

Fiber: 2g Protein: 11g

Makes 6 servings

Ingredients

6 tablespoons olive
oil

1 pound kielbasa, cut
into 1/2-inch pieces

1 green bell pepper,
seeded and chopped

1 red bell pepper,
seeded and chopped

1 red onion, diced

Method

In a large skillet, heat the oil over medium heat. Add the kielbasa and cook, stirring, until browned.

Add the green pepper, red pepper, onion, jalapeño, garlic, salt. Cook, stirring occasionally, for 12 minutes, until the vegetables are softened and browned.

Reduce the heat to medium-low, stir in the tomatoes, cover, and let simmer for 15 minutes. Serve hot.

KETO DAIRY FREE RECIPES

1 jalapeño pepper,
diced

3 garlic cloves,
minced

1 teaspoon salt

½ teaspoon freshly
ground black pepper

1 (14-ounce) can
stewed tomatoes

RADISH HASH BROWNS WITH ONION AND GREEN PEPPER

Prep time: 5 Min

Cook time: 25 Min

Nutrition Facts Per Serving

Calories: 252 Carbs: 8g Fat: 24g

Fiber: 2g Protein: 1g

Makes 3 servings

Ingredients

5 tablespoons olive
oil

12 radishes, thinly
sliced

1 onion, diced

Method

In a skillet over medium heat, heat the oil. Add the radishes, onion, bell pepper, and garlic. Cook, stirring frequently, until the vegetables are tender, about 5 minutes.

Add the cayenne, salt, and pepper. Continue to cook, stirring occasionally, until the vegetables are browned and crisp around the edges.

KETO DAIRY FREE RECIPES

1 green bell pepper,
seeded and diced

6 garlic cloves,
minced

1 teaspoon cayenne

1 teaspoon salt

½ teaspoon freshly
ground black pepper

MONTE CRISTO SANDWICHES

Prep time: 15 Min

Cook time: 25 Min

Nutrition Facts Per Serving

Calories: 545 Carbs: 11g Fat: 45g

Fiber: 2g Protein: 29g

Makes 7 servings

Ingredients

6 large eggs

1 teaspoon salt

1 teaspoon freshly
ground black pepper

2 tablespoons olive
oil

1 recipe Waffles

Method

In a small bowl, whisk together the eggs, salt.

In a small skillet, heat the oil over medium heat. Add the egg mixture and cook, stirring continuously, until thoroughly cooked.

Top half of each waffle with some of the scrambled egg and 2 or 3 pieces of bacon. Fold the waffle over to make a sandwich and drizzle the syrup over the top. Sprinkle with the

KETO DAIRY FREE RECIPES

1 recipe Perfect
Bacon

$\frac{1}{4}$ cup low-carb syrup

6 tablespoons Swerve
confectioners'

powdered sweetener and serve
immediately.

RUSTIC EGG BITES

Prep time: 20 Min

Cook time: 22 Min

Nutrition Facts Per Serving

Calories: 243 Carbs: 3g Fat: 19g

Fiber: 0g Protein: 15g

Makes 12 servings

Ingredients

1 tablespoon avocado
oil, plus more for
greasing the muffin
tin

1 pound ground
sausage

12 large eggs

$\frac{2}{3}$ cup canned
coconut milk

Method

Preheat the oven to 400°F.
Grease a 12-cup muffin tin with
oil.

In a large skillet over high heat,
cook the sausage, stirring and
breaking up the meat with a
spatula, until browned. Remove
from the heat and let cool for a
few minutes.

Crack the eggs into a medium
mixing bowl and add the
coconut milk, garlic, salsa, and
avocado oil, salt. Whisk to
combine.

KETO DAIRY FREE RECIPES

2 tablespoons minced
garlic

1 tablespoon salsa

1 teaspoon salt

½ teaspoon freshly
ground black pepper

Stir the cooked sausage into the egg mixture, then pour the mixture evenly into the prepared muffin tin. Bake in the preheated oven for 25 minutes.

Serve warm or store in an airtight container in the refrigerator for up to 1 week.

SUN-DRIED TOMATO AND HAM OMELET

Prep time: 5 Min

Cook time: 30 Min

Nutrition Facts Per Serving

Calories: 646 Carbs: 5g Fat: 54g

Fiber: 3g Protein: 30g

Makes 10 servings

Ingredients

6 large eggs

½ cup canned
coconut milk

1 teaspoon salt

1 teaspoon freshly
ground black pepper

¼ cup coconut oil

Method

In a small bowl, whisk together the eggs, milk, and salt.

Heat the oil in a medium pan over medium heat. Add the egg mixture and reduce the heat to low.

Once the egg mixture begins to bubble on the sides, add the spinach, ham, and sun-dried tomatoes, and cook.

KETO DAIRY FREE RECIPES

1/2 cup fresh spinach

3/4 cup diced ham

2 tablespoons sun-dried tomatoes

Using a spatula, fold over the eggs once to make a half-moon shape.

Flip carefully and continue cooking for 5 additional minutes.

Transfer to a plate and serve.

CRESTLESS QUICHE WITH HAM, MUSHROOMS, AND ONION

Prep time: 20 Min

Cook time: 70 Min

Nutrition Facts Per Serving

Calories: 220 Carbs: 5g Fat: 1g

Fiber: 2g Protein: 14g

Makes 8 servings

Ingredients

2 tablespoons olive
oil, plus more for
greasing the pie plate

10 large eggs

2 cups diced ham

1 cup mushrooms

Method

1. Preheat the oven to 400°F.
2. Grease a 9-inch glass pie plate.
3. In a large mixing bowl, stir together the eggs, ham, mushrooms, onion, coconut milk, olive oil, garlic powder, salt, and pepper. Pour the mixture into the greased pie plate.

KETO DAIRY FREE RECIPES

1 white onion, diced

½ cup canned
coconut milk

1 tablespoon garlic
powder

1 teaspoon salt

½ teaspoon freshly
ground black pepper

2 tablespoons minced
fresh chives

4. Bake for 1 hour 10 minutes, until the center is set and the top is golden brown.

5. Serve immediately, garnished with the chives, or wrap and store in the refrigerator for up to 1 week.

HOME-STYLE FRIED EGGS

Prep time: 2 Min

Cook time: 5 Min

Nutrition Facts Per Serving

Calories: 382 Carbs: 1g Fat: 37g

Fiber: 0g Protein: 13g

Makes 2 servings

Ingredients

3 tablespoons olive
oil or avocado oil

2 large eggs

1 teaspoon salt

$\frac{1}{2}$ teaspoon freshly
ground black pepper

Method

In a small skillet over high heat, heat the oil, tilting the pan to coat.

Break the eggs into the hot oil. Season with the salt.

Remove from the heat, and let the eggs continue to cook until the whites are set and the edges are browned and crisp. Serve hot.

PERFECT BACON

Prep time: 5 Min

Cook time: 22 Min

Nutrition Facts Per Serving

Calories: 100 Carbs: 0g Fat: 8g

Fiber: 0g Protein: 7g

Makes 4 servings

Ingredients

1 (12-ounce) package
bacon (8 to 12 strips)

Method

Preheat the oven to 400°F.

Line a large baking sheet with two pieces of parchment paper.

Arrange the bacon strips in a single layer on the prepared sheet.

Cook in the preheated oven for 22 minutes.

Let cool slightly before serving.

WAFFLES

Prep time: 10 Min

Cook time: 20 Min

Nutrition Facts Per Serving

Calories: 227 Carbs: 3g Fat: 19g

Fiber: 0g Protein: 9g

Makes 6 servings

Ingredients

1 (8-ounce) container
of dairy-free cream
cheese

7 large eggs

1½ tablespoons
cinnamon

4 teaspoons Swerve
granular

Method

In a large microwave-safe bowl, heat the cream cheese in the microwave for 45 seconds. Use a wire whisk to whip until fluffy.

Add the eggs and continue to whip until the mixture is well combined and thick. Stir in the cinnamon, sweetener, and 1 tablespoon of oil.

Liberalily grease the waffle iron with the remaining 1 tablespoon of oil and pour the batter in the iron ¼ cup at a time. Cook according to the

KETO DAIRY FREE RECIPES

2 tablespoons olive
oil, divided Sugar-free
maple-flavored syrup,
for serving

waffle iron manufacturer's
instructions.

Serve hot, topped with syrup.

KETO FAUX CAPPUCCINO

Prep time: 10 Min

Nutrition Facts Per Serving

Calories: 183 Carbs: 6g Fat: 11g

Fiber: 0g Protein: 13g

Makes 3 servings

Ingredients

1/4 cup nut milk

1 scoop vanilla-
flavored collagen

1 scoop MCT oil
powder

1 cup brewed coffee

Method

Combine the nut milk, collagen, and MCT oil powder in an electric coffee cup. Froth until fluffy and thick.

Combine the froth mixture with the coffee and enjoy immediately.

CAULIFLOWER OATMEAL WITH BLUEBERRIES

Prep time: 5 Min

Cook time: 15 Min

Nutrition Facts Per Serving

Calories: 684 Carbs: 27g Fat: 60g

Fiber: 0g Protein: 9g

Makes 5 servings

Ingredients

1 (12-ounce) bag
riced cauliflower

1 (14-ounce) can
coconut milk

2 tablespoons walnut
oil

2 tablespoons peanut
butter powder

Method

In a medium saucepan, combine the cauliflower and coconut milk and bring to a boil over high heat.

Reduce the heat to medium-low and stir in the walnut oil, peanut butter powder, and syrup. Cook, stirring occasionally.

Serve immediately, topped with the blueberries.

KETO DAIRY FREE RECIPES

2 tablespoons sugar-
free maple syrup

10 blueberries

FRIED OYSTERS IN THE OVEN

Prep time: 20 Min

Nutrition Facts Per Serving

Calories: 230 Carbs: 5g Fat: 17g

Fiber: 0g Protein: 15g

Makes 4 servings

Ingredients

3 tablespoons olive
oil

1 teaspoon garlic salt

1 teaspoon freshly
ground black pepper

1 teaspoon red
pepper flakes

2 cups finely crushed
pork rinds

Method

Preheat the oven to 400°F.

In a small bowl, mix together the olive oil, garlic salt and red pepper flakes.

Put the crushed pork rinds in a separate bowl.

Dip each oyster first in the oil mixture to coat and then in the pork rinds, turning to coat. Arrange the coated oysters on a baking sheet in a single layer with room in between.

Bake in the preheated oven for 30 minutes, or until the pork

KETO DAIRY FREE RECIPES

24 shucked oysters

rind “breeding” is browned and crisp. Serve hot.

TUNA WITH GREENS AND BLUEBERRIES

Prep time: 10 Min

Cook time: 5 Min

Nutrition Facts Per Serving

Calories: 549 Carbs: 7g Fat: 41g

Fiber: 3g Protein: 38g

Makes 5 servings

Ingredients

¼ cup olive

2 (4-ounce) tuna
steaks

Freshly ground black
pepper

Juice of 1 lemon

4 cups salad greens

Method

In a large skillet, heat the olive oil over high heat.

Season the tuna steaks generously with salt, and add them to the skillet. Cook for 2 ½ minutes in each side to sear the outer edges.

Squeeze the lemon over the tuna in the pan and remove the fish

To serve, arrange the greens on 2 serving plates. Top each plate

KETO DAIRY FREE RECIPES

¼ cup low-carb,
diary-free ranch
dressing

20 blueberries

with one of the tuna steaks, 2
tablespoons of the ranch
dressing, and 10 of the
blueberries.

COCONUT SHRIMP

Prep time: 20 Min

Cook time: 30 Min

Nutrition Facts Per Serving

Calories: 223 Carbs: 7g Fat: 17g

Fiber: 4g Protein: 13g

Makes 4 servings

Ingredients

Avocado oil spray (or
other cooking oil
spray)

3 large egg whites

1 teaspoon cayenne

1 teaspoon garlic salt

1 teaspoon freshly
ground black pepper

Method

Preheat the oven to 350°F.
Spray a large baking sheet with
the avocado oil spray.

In a small bowl, whisk together
the egg whites, cayenne, garlic
salt and sweetener.

Put the shredded coconut in a
separate bowl.

One at a time, dunk the shrimp
first in the egg mixture and then
in the coconut, turning to coat
completely.

KETO DAIRY FREE RECIPES

½ teaspoon Swerve
granular (or another
granulated alternative
sweetener)

1 cup unsweetened
shredded coconut

24 raw shrimp, peeled

Arrange the coated shrimp on the prepared baking sheet in a single layer, with room in between. Once all the shrimp have been coated, spray them lightly with avocado oil spray.

Bake in the preheated oven until the coconut is golden brown.

BACON-WRAPPED SCALLOP CUPS

Prep time: 10 Min

Cook time: 25 Min

Nutrition Facts Per Serving

Calories: 374 Carbs: 9g Fat: 26g

Fiber: 4g Protein: 26g

Makes 4 servings

Ingredients

12 large sea scallops

6 strips bacon, halved
to make 12 short
strips

24 garlic cloves,
peeled but left whole

Method

Preheat the oven to 400°F.

Wrap each scallop with 1 piece of bacon. Use a toothpick to secure the bacon to the scallop. Arrange the wrapped scallops on a baking sheet.

Place 2 garlic cloves on top of each scallop, then top with a spoonful of the dressing. Bake for 25 minutes, or until the bacon is browned and crisp.

5 tablespoons
Lemon-Garlic
Dressing

SALMON PATTIES

Prep time: 10 Min

Cook time: 20 Min

Nutrition Facts Per Serving

Calories: 198 Carbs: 1g Fat: 14g

Fiber: 0g Protein: 17g

Makes 8 servings

Ingredients

2 cans boneless
salmon

1 large egg

1½ tablespoons
chopped fresh dill

1 teaspoon salt

1 teaspoon freshly
ground black pepper

Method

Mix together the salmon, egg, dill, salt in a small mixing bowl. Form the salmon mixture into hamburger-size patties

In a pan over medium heat, heat the olive oil. Add the salmon patties to the pan and cook until golden brown and crisp. Serve hot

3 tablespoons olive
oil

COUNTRY CLUB CRAB CAKES

Prep time: 10 Min

Cook time: 20 Min

Nutrition Facts Per Serving

Calories: 212 Carbs: 1g Fat: 16g

Fiber: 0g Protein: 16g

Makes 4 servings

Ingredients

2 (6-ounce) cans
crabmeat (or 12
ounces cooked
crabmeat)

2 large eggs

2 tablespoons
chopped fresh dill

1 teaspoon garlic salt

Method

In a medium bowl, combine the crabmeat, eggs, dill, and garlic salt. Form the mixture into four patties.

In a medium skillet, heat the olive oil over medium heat. Cook the crab cakes for 4 minutes on each side until golden brown.

KETO DAIRY FREE RECIPES

$\frac{1}{4}$ cup olive oil

SHRIMP STI-FRY

Prep time: 10 Min

Cook time: 20 Min

Nutrition Facts Per Serving

Calories: 231 Carbs: 12g Fat: 15g

Fiber: 5g Protein: 12g

Makes 4 servings

Ingredients

1/4 cup avocado oil

1/4 cup coconut
amino

2 cups chopped
broccoli

1 onion, diced

1 red bell pepper,
chopped

Method

Combine the shrimp, Cauliflower, onion, pepper, broccoli, coconut amino, and avocado oil in a large skillet. Cook, stirring occasionally, until all the flavors are combined.

Drizzle the chili sauce over the top and serve hot

KETO DAIRY FREE RECIPES

24 cooked and peeled
shrimp

1 (12-ounce) bag
riced cauliflower

Chili sauce, for
serving (Optional)

BAKED SALMON WITH LEMON AND MUSH

Prep time: 10 Min

Cook time: 30 Min

Nutrition Facts Per Serving

Calories: 576 Carbs: 8g Fat: 44g

Fiber: 3g Protein: 37g

Makes 2 servings

Ingredients

2 skin-on salmon
fillets

1 onion, diced

8 ounces mushrooms,
sliced

¼ cup olive oil

1 teaspoon salt

Method

Preheat the oven to 400°F.

Tear off 2 large squares of aluminum foil. Place a salmon fillet on each piece of foil and arrange the onion and mushrooms over and around the fish, dividing evenly.

Pour the olive oil over the fish, then season with the salt. Top each piece of fish with 2 lemon slices.

KETO DAIRY FREE RECIPES

1 teaspoon freshly
ground black pepper

4 lemon slices

Wrap the foil up around the salmon and vegetables, leaving room inside the packet for heat to circulate, and bake for 30 minutes, or until the fish flakes easily with a fork. Serve hot.

PAN-FRIED SOFT SHELL CRAB

Prep time: 5 Min

Cook time: 10 Min

Nutrition Facts Per Serving

Calories: 489 Carbs: 6g Fat: 33g

Fiber: 2g Protein: 42g

Makes 2 servings

Ingredients

½ cup olive oil

½ cup almond flour

1 teaspoon paprika

1 teaspoon garlic salt

1 teaspoon freshly
ground black pepper

Method

Fill the bottom of a heavy skillet with the oil and heat over low heat.

While the oil is heating, in a medium bowl, mix together the almond flour, paprika, garlic and salt

Dredge each crab in the flour mixture, coating both sides and shaking off any excess. Put the crabs into the hot oil in the skillet and cook for about 5

KETO DAIRY FREE RECIPES

2 soft-shell crabs

minutes per side, or until
golden brown.

Serve hot.

MUSSELS WITH LEMON- GARLIC SAUCE AND PARSLEY

Prep time: 10 Min

Cook time: 5 Min

Nutrition Facts Per Serving

Calories: 230 Carbs: 3g Fat: 18g

Fiber: 1g Protein: 14g

Makes 5 servings

Ingredients

36 live mussels,
scrubbed and
debarred

1 tablespoon olive oil

6 tablespoons
Lemon-Garlic
Dressing

Method

Fill a stockpot halfway with water and boil.

Add the mussels and olive oil to the boiling water and continue to boil for 4 minutes. Carefully drain off the water.

Pour the dressing over the mussels and serve immediately, garnished with the parsley.

2 tablespoons
chopped fresh
parsley, for garnish

THREE-MINUTE LOBSTER TAIL

Prep time: 5 Min

Cook time: 5 Min

Nutrition Facts Per Serving

Calories: 154 Carbs: 0g Fat: 2g

Fiber: 0g Protein: 32g

Makes 2 servings

Ingredients

4 cups bone broth (or
water)

2 lobster tails

Method

In a large pot, bring the broth to a boil.

While the broth is coming to a boil, use kitchen shears to cut the back side of the lobster shell from end to end.

Place the lobster in the boiling broth and bring it back to a boil. Cook the lobster for 3 minutes.

Drain and serve immediately.

CAULIFLOWER AND BACON SOUP |

Prep time: 10 Min

Cook time: 1 Hour

Nutrition Facts Per Serving

Calories: 414 Carbs: 8g Fat: 34g

Fiber: 4g Protein: 19g

Makes 8 servings

Ingredients

1 head cauliflower,
stemmed and cut into
large pieces

2 (14-ounce) cans
coconut milk

2 cups bone broth

6 tablespoons olive
oil, divided

Method

Fill a stockpot halfway with water and add the cauliflower. Bring to a boil and cook until the cauliflower is tender, about 20 minutes. Drain the cauliflower and then return it to the stockpot. Using a potato masher, mash the cauliflower until mostly smooth.

Put the pot over low heat and add the coconut milk and broth.

In a separate skillet, heat 3 tablespoons of oil over medium

KETO DAIRY FREE RECIPES

1 onion, diced

1 cup sliced
mushrooms

6 garlic cloves,
minced

1½ teaspoons salt

1½ teaspoons freshly
ground black pepper

1½ teaspoons
cayenne

1 batch Perfect
Bacon, chopped or
crumbled

heat. Add the onion, mushrooms, and garlic. Cook, stirring frequently, for 15 to 20 minutes, or until softened.

Add the onion mixture to the soup mixture and continue cooking over low heat for 5 to 7 more minutes.

Stir in the salt, pepper, cayenne, the remaining 3 tablespoons of oil, and the bacon. Cook for 20 minutes more.

Serve immediately or store the soup in an airtight container in the refrigerator for up to 1 week.

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HEARTY VEGETABLE SOUP

Prep time: 30 Min

Cook time: 8 Hrs.

Nutrition Facts Per Serving

Calories: 168 Carbs: 15g Fat: 8g

Fiber: 4g Protein: 9g

Makes 8 servings

Ingredients

8 cups vegetable
broth

2 (14-ounce) cans
diced tomatoes

1 (16-ounce) bag kale,
chopped

1 bunch radishes
(about 12), halved

1 onion, chopped

Method

In a slow cooker, combine the vegetable broth, tomatoes, kale, radishes, onion, celery, green beans, mushrooms, garlic, and olive oil

Cover and cook on low for 8 hours. Serve hot

KETO DAIRY FREE RECIPES

2 celery stalks,
chopped

2 cups fresh or frozen
green beans, cut into
2-inch pieces

1 cup whole
mushrooms

4 garlic cloves,
minced

$\frac{1}{4}$ cup olive oil

STUFFED-PEPPER SOUP

Prep time: 20 Min

Cook time: 1 Hr.

Nutrition Facts Per Serving

Calories: 286 Carbs: 8g Fat: 18g

Fiber: 3g Protein: 23g

Makes 8 servings

Ingredients

4 tablespoons olive
oil, divided

1 pound ground beef

4 cups bone broth

1 (12-ounce) can
tomato sauce

1 (12-ounce) bag
riced cauliflower

Method

In a large pot, heat 2 tablespoons of oil over medium-high heat. Add the beef and cook, stirring, until browned, about 5 minutes.

Add the broth, tomato sauce, cauliflower, olives, peppers, and garlic, and bring to a simmer.

Reduce the heat to low and let simmer for about 1 hour, or until the soup is thickened and the flavors have melded. Serve hot.

1 (3.8-ounce) can
diced black olives,
drained

2 green bell peppers,
diced

3 tablespoons minced
garlic

BROCCOLI SALAD

Prep time: 10 Min

Nutrition Facts Per Serving

Calories: 564 Carbs: 7g Fat: 56g

Fiber: 2g Protein: 7g

Makes 6 servings

Ingredients

1 (12-ounce) bag
broccoli slaw

1½ cups low-carb
mayonnaise

6 tablespoons salted
sunflower seeds

½ cup chopped red
onion

¼ cup white vinegar

Method

In an airtight container, mix the broccoli slaw, mayonnaise, sunflower seeds, onion, vinegar, bacon, sweetener, and grapes (if using).

Cover and wait for at least 2 hours. Serve cold. Store in an airtight container in the refrigerator for up to 3 days.

KETO DAIRY FREE RECIPES

4 strips Perfect
Bacon, chopped

2 teaspoons Swerve
granular

5 red grapes

RAINBOW CHOPPED SALAD

Prep time: 20 Min

Nutrition Facts Per Serving

Calories: 864 Carbs: 23g Fat: 73g

Fiber: 13g Protein: 35g

Makes 1 servings

Ingredients

1 cup chopped
romaine lettuce

1 avocado, halved,
pitted, peeled, and
diced

2 No-Fail Hard-
Boiled Eggs, chopped

½ cup diced Perfect
Bacon

10 blueberries

Method

In a medium bowl, combine the lettuce, avocado, eggs, bacon, blueberries, cherry tomatoes, and radish. Add the chicken (if using) and salad dressing, toss to combine, and serve immediately.

4 small cherry
tomatoes, halved

1 radish, chopped

1 breast of Slow-
Cooker Buffalo
Chicken (optional)

¼ cup low-carb,
dairy-free ranch
dressing

WEDGE SALAD WITH RANCH DRESSING

Prep time: 20 Min

Nutrition Facts Per Serving

Calories: 201 Carbs: 6g Fat: 17g

Fiber: 1g Protein: 6g

Makes 4 servings

Ingredients

1 head iceberg lettuce,
cut into 4 wedges

½ cup low-carb,
dairy-free ranch
dressing

6 tablespoons bacon
bits

1 tomato, diced

4 radishes, diced

Method

Arrange the lettuce wedges on 4 serving plates. Top each wedge with 2 tablespoons of dressing. Add the bacon bits, tomato, radishes, chives, and pepper. Serve immediately.

KETO DAIRY FREE RECIPES

$\frac{1}{4}$ cup chopped fresh
chives

$\frac{1}{2}$ teaspoon freshly
ground black pepper

COLD CAULIFLOWER “PASTA” SALAD

Prep time: 15 Min

Nutrition Facts Per Serving

Calories: 208 Carbs: 7g Fat: 16g

Fiber: 3g Protein: 9g

Makes 8 servings

Ingredients

2 (12-ounce) bags
riced cauliflower

1 red bell pepper,
seeded and diced

1 cup diced dried
salami

1 cucumber, diced

¼ cup olive oil

Method

In the microwave, cook the cauliflower rice according to the package directions. Refrigerate for at least 30 minutes.

Add the bell pepper, salami, cucumber, olive oil, garlic, and salt. Mix well, then cover and refrigerate for at least 2 hours to chill.

Serve cold or store in an airtight container in the refrigerator for up to 1 week.

KETO DAIRY FREE RECIPES

2 tablespoons minced
garlic

1 teaspoon salt

EGG SALAD WITH DILL

Prep time: 15 Min

Nutrition Facts Per Serving

Calories: 280 Carbs: 1g Fat: 28g

Fiber: 0g Protein: 6g

Makes 12 servings

Ingredients

12 No-Fail Hard-Boiled Eggs, peeled and diced

1½ cups low-carb mayonnaise

1 teaspoon salt

1 teaspoon chopped fresh dill

1 teaspoon Swerve granular

Method

In a medium bowl, combine the eggs, mayonnaise, salt, dill, sweetener, pepper, and paprika.

Cover and refrigerate for 2 hours. Serve cold. Store in an airtight container in the refrigerator for up to 1 week.

KETO DAIRY FREE RECIPES

½ teaspoon freshly
ground black pepper

½ teaspoon paprika

SIMPLE HAM SALAD

Prep time: 10 Min

Nutrition Facts Per Serving

Calories: 434 Carbs: 3g Fat: 42g

Fiber: 1g Protein: 11g

Makes 4 servings

Ingredients

2 cups diced ham

$\frac{3}{4}$ cup low-carb
mayonnaise

2 celery stalks, diced

Method

In a small bowl, combine the ham, mayonnaise, and celery, and stir to mix well. Serve immediately or store, covered, in the refrigerator for up to 1 week.

CHICKEN SALAD WITH GRAPES AND ALMONDS

Prep time: 20 Min

Nutrition Facts Per Serving

Calories: 506 Carbs: 2g Fat: 46g

Fiber: 1g Protein: 21g

Makes 8 servings

Ingredients

6 boneless, skinless
chicken breasts

3 tablespoons olive
oil

1½ cups sugar-free
mayonnaise

½ cup diced celery

10 grapes, diced

Method

Place the chicken breasts in a stockpot and cover completely with water. Bring to a boil and cook until the chicken is cooked through. About 20 minutes. Drain.

Put the chicken in a blender or food processor with the olive oil. Pulse until the chicken is very finely chopped.

In a large bowl, combine the chicken with the mayonnaise, celery, grapes (if using), almonds, poppy seeds, dill, and mustard. Serve immediately or

KETO DAIRY FREE RECIPES

¼ cup slivered
almonds

3 tablespoons poppy
seeds

1 tablespoon chopped
fresh dill

1 tablespoon dry
mustard

cover and refrigerate for up to 1 week.

SPICY SHRIMP SALAD

Prep time: 10 Min

Nutrition Facts Per Serving

Calories: 165 Carbs: 1g Fat: 9g

Fiber: 0g Protein: 20g

Makes 8 servings

Ingredients

3 dozen shrimp,
cooked and peeled

¼ cup avocado oil

1 tablespoon chopped
fresh cilantro

1 teaspoon cayenne

1 teaspoon garlic salt

1 teaspoon freshly
ground black pepper

Method

In a large bowl, mix together the shrimp, avocado oil, cilantro, cayenne, garlic salt, and pepper.

Serve immediately or store in an airtight container in the refrigerator for up to 5 days.

SLOW-COOKER BUFFALO CHICKEN

Prep time: 10 Min

Cook time: 4 Hrs.

Nutrition Facts Per Serving

Calories: 218 Carbs: 1g Fat: 14g

Fiber: 0g Protein: 22g

Makes 8 servings

Ingredients

6 boneless, skinless
chicken breasts

1 cup hot wing sauce

1 (8-ounce) container
dairy-free cream
cheese

1 onion, diced

Method

In the slow cooker, combine the chicken, hot sauce, cream cheese, onion (if using), and olive oil. Cover and cook on low for 7 hours or on high for 4 hours.

Once cooked, transfer the chicken breasts to a cutting board and use two forks to shred the meat. Return the meat to the sauce in the pot.

KETO DAIRY FREE RECIPES

¼ cup olive oil

Serve hot, as a dip, with a side,
or straight from the bowl.

SALT-AND-PEPPER CHICKEN KEBABS WITH PINEAPPLE

Prep time: 15 Min

Cook time: 30 Min

Nutrition Facts Per Serving

Calories: 293 Carbs: 7g Fat: 17g

Fiber: 3g Protein: 28g

Makes 6 servings

Ingredients

6 boneless, skinless
chicken breasts, cut
into

2-inch pieces

¼ cup olive oil, plus

2 tablespoons more
for greasing the
skewers

Method

Preheat the oven to 400°F.

In a large bowl, toss the chicken pieces with the olive oil, salt, and pepper.

Grease 6 metal skewers with olive oil (so the chicken will be easier to remove when you eat it later). Thread the pineapple, chicken, pepper, onion, and mushrooms onto the skewers, starting and ending each skewer with pineapple.

KETO DAIRY FREE RECIPES

2 teaspoons salt

1 teaspoon freshly
ground black pepper

12 (2-inch) chunks
pineapple

1 green bell pepper,
seeded and cut into
squares

1 onion, cut into 2-
inch pieces

8 ounces whole
mushrooms

Place the skewers on a large rimmed baking sheet and cover with the remaining 2 tablespoons oil. Bake until browned and cooked through.

UMAMI CHICKEN BURGERS

Prep time: 10 Min

Cook time: 20 Min

Nutrition Facts Per Serving

Calories: 351 Carbs: 4g Fat: 27g

Fiber: 2g Protein: 23g

Makes 4 servings

Ingredients

5 tablespoons olive
oil, divided

12 ounces spinach

1 pound ground
chicken

¼ cup fish sauce

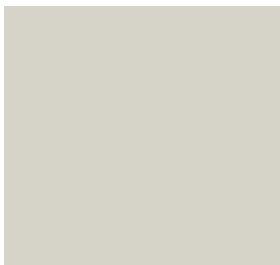
Method

Heat 3 tablespoons of olive oil in a large skillet over medium heat. Add the spinach and sauté until wilted, about 2 minutes. Transfer the spinach to a medium bowl and let cool.

Once the spinach has cooled, add the chicken and fish sauce to it, and mix well with your hands. Form the mixture into 4 patties.

Heat the remaining 2 tablespoons of olive oil in the skillet over medium heat. Add the meat patties to the skillet

KETO DAIRY FREE RECIPES



and cook for about 4 minutes per side, or until browned and cooked through. Serve immediately or wrap and refrigerate for up to 1 week.

BEST FRIED CHICKEN EVER

Prep time: 3 Hrs.

Cook time: 30 To 40 Min

Nutrition Facts Per Serving

Calories: 524 Carbs: 6g Fat: 44g

Fiber: 3g Protein: 26g

Makes 4-6 servings

Ingredients

8 to 10 boneless,
skin-on chicken
thighs or boneless,
skinless breasts

1 cup dill pickle juice

$\frac{3}{4}$ cup almond flour

2 tablespoons minced
garlic

Method

In a large bowl or plastic bag, combine the chicken with the pickle juice and refrigerate for at least 3 hours or, ideally, overnight.

In a large bowl, combine the almond flour, garlic, pepper, paprika, salt, and dry mustard.

Heat the oil in a large skillet over medium-high heat.

While the oil is heating, remove the chicken from the marinade, shaking off any excess and discarding the marinade. Coat

KETO DAIRY FREE RECIPES

2 teaspoons freshly
ground black pepper

2 teaspoons paprika

1½ teaspoons salt

1 teaspoon dry
mustard

¾ cup olive oil

each piece of chicken in the flour mixture. Add the coated chicken to the skillet. Reduce the heat to medium-low and cook the chicken, turning it every 5 minutes or so, until it's browned and crispy, about 20 minutes.

Transfer the chicken to a paper towel-lined plate to drain. Serve hot.

GARLIC CHICKEN WINGS

Prep time: 10 Min

Cook time: 1 Hr.

Nutrition Facts Per Serving

Calories: 880 Carbs: 1g Fat: 76g

Fiber: 0g Protein: 48

Makes 6 servings

Ingredients

24 frozen chicken wings

1 cup olive oil

6 garlic cloves,
minced

1½ teaspoons salt

1 teaspoon freshly
ground black pepper

Method

Preheat the oven to 400°F. Place a baking rack on top of a large baking sheet.

In a large bowl, combine the frozen wings with the olive oil, garlic, salt, and pepper.

Arrange the chicken pieces on top of the baking rack on the baking sheet. Bake in the preheated oven for 1 hour, or until browned and crisp.

BLACK SKILLET CHICKEN THIGHS WITH ARTICHOKE HEARTS

Prep time: 10 Min

Cook time: 50 Min

Nutrition Facts Per Serving

Calories: 479 Carbs: 6g Fat: 39g

Fiber: 4g Protein: 25g

Makes 6 servings

Ingredients

6 tablespoons olive
oil

6 boneless, skin-on
chicken thighs

1 (14-ounce) can
artichoke hearts,
drained

Method

Preheat the oven to 400°F.

Heat the olive oil in a large cast iron skillet over medium-high heat. Add the chicken and cook until nicely browned on the bottom, about 4 minutes.

Once browned, flip the chicken over and add the artichokes, onion, broth, salt, and pepper.

KETO DAIRY FREE RECIPES

1 onion, diced

½ cup bone broth

1 teaspoon salt

1 teaspoon freshly
ground black pepper

Juice of 1 lemon

Place the skillet in the preheated oven and cook for 40 minutes, or until the chicken is cooked through.

Remove the skillet from the oven and squeeze the lemon juice over the top. Serve hot.

CHICKEN WITH DRIED BEEF

Prep time: 20 Min

Cook time: 1 Hr.

Nutrition Facts Per Serving

Calories: 309 Carbs: 2g Fat: 21g

Fiber: 0g Protein: 28g

Makes 12 servings

Ingredients

6 large boneless,
skinless chicken
breasts, each cut in
half

1 (2-ounce) jar or can
dried beef

12 strips bacon

1¼ cups bone broth

Method

Preheat the oven to 375°F.

Wrap each piece of chicken with 2 pieces of dried beef, and then with 1 slice of bacon. Arrange the wrapped chicken pieces in a baking dish.

In a bowl, mix together the broth, cream cheese, celery, coconut milk, and pepper. Pour the mixture over the chicken pieces.

Bake, uncovered until the chicken is cooked through.

KETO DAIRY FREE RECIPES

8-ounce dairy-free
cream cheese with
chives

1 celery stalk, diced

½ cup canned
coconut milk

1 teaspoon freshly
ground black pepper

CHILI-GARLIC CHICKEN WITH BROCCOLI

Prep time: 10 Min

Cook time: 6 Hrs.

Nutrition Facts Per Serving

Calories: 244 Carbs: 9g Fat: 11g

Fiber: 0g Protein: 29g

Makes 6 servings

Ingredients

6 boneless, skinless
chicken breasts
(about 1¼ pounds
total), cut into bite-
size pieces

1 head broccoli,
chopped

8 ounces whole
mushrooms

Method

In a slow cooker, combine the chicken, broccoli, mushrooms, onion, bone broth, coconut aminos, chili-garlic sauce, avocado oil, fish sauce, garlic, and ginger.

Cover and cook on low for 6 hours. Serve hot.

KETO DAIRY FREE RECIPES

1 large onion, diced

2 cups bone broth

$\frac{1}{2}$ cup coconut
amino

5 tablespoons chili-
garlic sauce

$\frac{1}{4}$ cup avocado oil

2 tablespoons fish
sauce

1 teaspoon minced
garlic

$\frac{1}{2}$ teaspoon grated
fresh ginger

POPPY SEED CHICKEN

Prep time: 20 Min

Cook time: 45 Min

Nutrition Facts Per Serving

Calories: 374 Carbs: 7g Fat: 26g

Fiber: 1g Protein: 29g

Makes 8 servings

Ingredients

2 tablespoons olive oil, plus more for greasing the baking dish

6 boneless, skinless chicken breasts (about 2 pounds), cooked and shredded

1 (8-ounce) container dairy-free cream cheese

Method

Preheat the oven to 350°F. Grease a 9-by-13-inch baking dish.

Arrange the shredded chicken in an even layer in the prepared baking dish.

In a medium saucepan over low heat, soften the cream cheese, stirring constantly. Once the cheese is melted, stir in the bone broth, mushrooms, coconut milk, olive oil, and garlic salt.

KETO DAIRY FREE RECIPES

1 cup bone broth 8
ounces mushrooms,
sliced

1 14-ounce can
coconut milk

2 tablespoons olive
oil

1½ teaspoons garlic
salt

2 tablespoons poppy
seeds

¼cup slivered
almonds

Continue cooking on low until the sauce is well combined and thickened. Remove from the heat and stir in the poppy seeds. Immediately pour the sauce over the shredded chicken in the baking dish. Sprinkle the almonds over the top and bake in the preheated oven for 40 minutes, or until bubbly.

DINNER ROAST WITH VEGETABLES

Prep time: 15 Min

Cook time: 8 To 10 Hrs.

Nutrition Facts Per Serving

Calories: 383 Carbs: 4g Fat: 18g

Fiber: 1g Protein: 47g

Makes 8 servings

Ingredients

1 (3-pound) chuck
roast

1 bunch radishes
(about 12), diced

2 cups bone broth

5 celery stalks,
chopped

Method

In a slow cooker, combine the chuck roast, radishes, bone broth, celery, mushrooms, onion, coconut aminos, and ranch dressing.

Cover and cook on low for 8 to 10 hours, or until the meat can be easily pulled apart with a fork.

KETO DAIRY FREE RECIPES

8 ounces mushrooms,
diced

1 onion, diced

$\frac{1}{4}$ cup coconut
amino

$\frac{1}{2}$ cup dairy-free
ranch dressing

CLASSIC KETO MEAT LOAF

Prep time: 10 Min

Cook time: 1 Hr.

Nutrition Facts Per Serving

Calories: 260 Carbs: 3g Fat: 21g

Fiber: 1g Protein: 13g

Makes 8 servings

Ingredients

Oil, for greasing the
baking sheet

1 pound ground beef

½ onion, diced

½ green bell pepper,
seeded and diced

⅔ cup sugar-free
ketchup, divided

Method

Preheat the oven to 350°F.
Grease a large rimmed baking
sheet.

In a large bowl, mix together
the ground beef, onion, green
pepper, ⅓ cup of ketchup, the
egg, sage, dry mustard, salt, and
pepper. Form the mixture into
a loaf on the baking sheet, and
then top it with the remaining
⅓ cup of ketchup.

Cook in the preheated oven for
1 hour. Let rest for 5 to 10
minutes before slicing.

1 large egg

1 teaspoon dried sage

1 teaspoon dry
mustard

1 teaspoon salt

1 teaspoon freshly
ground black pepper

BEEF LIVER BURGERS

Prep time: 10 Min

Cook time: 20 Min

Nutrition Facts Per Serving

Calories: 497 Carbs: 3g Fat: 41g

Fiber: 0g Protein: 30g

Makes 5 servings

Ingredients

1 pound ground beef
or bison

8 ounces beef liver,
cut into small pieces

3 tablespoons sugar-
free ketchup

3 teaspoons garlic
salt, divided

Method

In a small bowl, combine the ground meat, liver, ketchup, and 2 teaspoons of garlic salt. Mix well and form into 4 to 6 burger patties.

In a cast iron skillet, heat the oil over medium heat. Add the burgers, then sprinkle them with the remaining teaspoon of garlic salt. Cook for 10 minutes per side, or until cooked through. Serve hot.

3 tablespoons olive
oil

PHILLY CHEESES TEAK BAKE

Prep time: 10 Min

Cook time: 30 Min

Nutrition Facts Per Serving

Calories: 534 Carbs: 5g Fat: 42g

Fiber: 2g Protein: 34g

Makes 8 servings

Ingredients

2 tablespoons olive oil, plus more for greasing the baking dish

1 (8-ounce) container dairy-free cream cheese

$\frac{3}{4}$ cup sugar-free mayonnaise

Method

Preheat the oven to 400°F. Grease a 9-by-13-inch baking dish.

In a medium bowl, stir together the cream cheese, mayonnaise, coconut milk, mustard, and garlic until well combined.

Heat the olive oil in a large skillet over medium heat. Add the tomato, green pepper, onion, and mushrooms. Cook, stirring frequently, until the vegetables are softened, about 8 minutes.

KETO DAIRY FREE RECIPES

¼ cup canned
coconut milk or nut
milk

¼ cup whole-grain
mustard

2 tablespoons minced
garlic

2 tablespoons olive
oil

1 tomato, chopped

1 green bell pepper,
seeded and chopped

1 onion, diced

8 ounces mushrooms,
chopped

1½ pounds deli-sliced
roast beef, chopped

Spread the roast beef in an even layer in the prepared baking dish. Top with the vegetable mixture and then the cream cheese mixture. Bake in the preheated oven for 20 minutes, or until the dish is hot and bubbly.

SECRET SEASONING SIRLOIN STEAK

Prep time: 5 Min

Cook time: 20 Min

Nutrition Facts Per Serving

Calories: 462 Carbs: 3g Fat: 34g

Fiber: 2g Protein: 36g

Makes 2 servings

Ingredients

2 (6-to 8-ounce)
sirloin steaks, at room
temperature

¼ cup sugar-free
ketchup

4 teaspoons garlic salt

¼ cup olive oil

Method

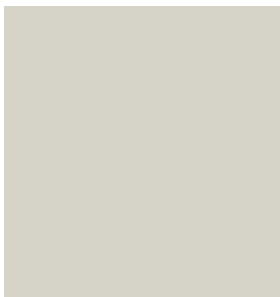
Heat the broiler to high.

Lay out the steaks on a plate and cover each side with the ketchup and garlic salt.

In a cast iron skillet, heat the oil over high heat. Add the steaks and cook for 1 minute on each side.

Transfer the skillet to the broiler and cook for 5 minutes.

KETO DAIRY FREE RECIPES



Remove the skillet from the oven, flip the steaks over, and let them continue to cook in the hot pan for 10 more minutes.

Serve immediately.

SLOPPY JOES

Prep time: 10 Min

Cook time: 30 Min

Nutrition Facts Per Serving

Calories: 356 Carbs: 4g Fat: 28g

Fiber: 1g Protein: 19g

Makes 4 servings

Ingredients

1 pound ground beef

1 onion, diced

$\frac{3}{4}$ cup sugar-free
ketchup

2 tablespoons garlic
powder

1 tablespoon white
vinegar

Method

Heat a large skillet over medium-high heat. Add the meat and cook, stirring, until it begins to brown, about 3 minutes. Add the onion and cook, stirring frequently, until the meat is browned, and the onion is softened, about 5 minutes.

Stir in the ketchup, garlic powder, vinegar, and sweetener. Reduce the heat to medium-low and cook for 20 minutes more. Serve hot.

1 tablespoon

Swerve granular

CABBAGE SLAW WITH GROUND BEEF

Prep time: 5 Min

Cook time: 30 Min

Nutrition Facts Per Serving

Calories: 463 Carbs: 10g Fat: 39g

Fiber: 1g Protein: 18g

Makes 4 servings

Ingredients

3 tablespoons olive
oil

1 pound ground beef

1 (16-ounce) bag
cabbage slaw mix

3 tablespoons
coconut aminos

Method

Heat the olive oil in a large skillet over high heat. Add the meat and cook, stirring, until browned. Add the cabbage and cook, stirring occasionally, until wilted.

Stir in the coconut aminos and fish sauce, and simmer for 5 minutes more. 3Serve hot or cover and store in the refrigerator for up to 5 days.

1 tablespoon fish
sauce

CHEESE BURGER HASH

Prep time: 20 Min

Cook time: 50 Min

Nutrition Facts Per Serving

Calories: 557 Carbs: 9g Fat: 45g

Fiber: 4g Protein: 29g

Makes 10 servings

Ingredients

3 tablespoons olive
oil, plus more for
greasing the baking
dish

2 pounds ground beef

1 (16-ounce) bag
cabbage slaw mix

1 large onion, diced

Method

Preheat the oven to 350°F.
Grease a 9-by-13-inch baking
dish.

Heat the oil in a large skillet
over medium-high heat. Add
the meat, cabbage slaw mix,
onion, and mushrooms, and
cook, stirring frequently, for 15
to 20 minutes, or until the meat
is browned and the vegetables
are softened.

Transfer the mixture to the
prepared baking dish.

KETO DAIRY FREE RECIPES

8 ounces mushrooms,
sliced

1 (8-ounce) container
dairy-free cream
cheese with chives

1 cup canned coconut
milk

3 tablespoons
nutritional yeast

2 teaspoons
granulated garlic

1 teaspoon salt

1 teaspoon freshly
ground black pepper

1 batch Perfect
Bacon, crumbled

In a large microwave-safe bowl, heat the cream cheese for 40 seconds in the microwave to soften.

To the bowl with the cream cheese, add the coconut milk, nutritional yeast, garlic, salt, and pepper, and whisk to combine well.

Pour the cream cheese mixture over the meat and vegetables in the baking dish. Bake in the preheated oven for 30 minutes, or until bubbling and lightly browned on top. 7Serve hot, topped with the bacon.

KIELBASA AND SAUERKRAUT

Prep time: 5 Min

Cook time: 10 Min

Nutrition Facts Per Serving

Calories: 435 Carbs: 6g Fat: 39g

Fiber: 3g Protein: 29g

Makes 4 servings

Ingredients

1 (16-ounce) jar or
can sauerkraut

1 pound pork
kielbasa, diced

2 tablespoons olive
oil

Method

In a medium saucepan, bring the sauerkraut to a boil over medium-high heat. Add the diced sausage and the olive oil, and simmer over low heat until heated through, about 5 minutes.

POTLUCK BBQ PORK

Prep time: 10 Min

Cook time: 8 Hrs.

Nutrition Facts Per Serving

Calories: 342 Carbs: 10g Fat: 22g

Fiber: 4g Protein: 29g

Makes 7 servings

Ingredients

1 (2-pound) whole
pork shoulder

2 (6-ounce) cans
tomato paste

1 white onion, diced

1 cup low-carb
tomato sauce

1 batch Red Pepper
Dry Rub

Method

In a large slow cooker, combine the pork, tomato paste, onion, tomato sauce, dry rub, vinegar, coconut aminos, and mustard.

Cover and cook on low for 8 hours.

Once cooked, remove the meat and shred it using a hand mixer or two forks. Return the meat to the pot and stir to mix well. Serve hot.

3 tablespoons white
vinegar

2 tablespoons
coconut aminos

2 tablespoons whole-
grain mustard

GARLIC PORK CHOPS WITH ONION-AND-MUSHROOM GRAVY

Prep time: 10 Min

Cook time: 1 Hr.

Nutrition Facts Per Serving

Calories: 416 Carbs: 10g Fat: 24g

Fiber: 2g Protein: 40g

Makes 4 servings

Ingredients

¼ cup garlic powder

1 teaspoon salt

1 teaspoon freshly
ground black pepper

½ teaspoon cayenne

Method

In a small bowl, mix together the garlic powder, salt, pepper, and cayenne.

Coat the pork chops with the spice rub mixture, using all of the mixture.

Heat the oil in a large cast iron skillet over medium heat. Add the mushrooms and onion and cook, stirring frequently, until softened. Add the broth and

KETO DAIRY FREE RECIPES

4 pork chops

¼ cup olive oil

8 ounces whole mushrooms

1 onion, diced

2 cups bone broth

¼ cup coconut milk

cook until the liquid is reduced by about half.

Increase the heat to high and add the pork chops. Cook for 10 minutes on each side, depending on the thickness of the pork chop.

Remove the chops from the skillet, but continue to cook the vegetables in the skillet. Add the coconut milk and cook, stirring frequently, until heated through and combined.

Serve the chops with the vegetables and gravy poured over the top.

LEMON-GARLIC PORK TENDERLOIN WITH RADISHES AND GREEN PEPPER

Prep time: 10 Min

Cook time: 8 Hrs.

Nutrition Facts Per Serving

Calories: 249 Carbs: 2g Fat: 21g

Fiber: 0g Protein: 13g

Makes 8 servings

Ingredients

1 pound pork
tenderloin

¼ cup olive oil

1 bunch of radishes
(about 12), diced

Method

Place the pork in a slow cooker and pour the olive oil over the top. Add the radishes and green bell pepper. Pour the broth and dressing over the top. Lay the lemon slices on top of the pork.

Cover and cook on low for 8 hours, until the pork is very tender.

1 green bell pepper,
seeded and diced

1 cup bone broth

$\frac{3}{4}$ cup Lemon-Garlic
Dressing

4 lemon slices

DRY RUB RIBS

Prep time: 10 Min

Cook time: 8 Hrs.

Nutrition Facts Per Serving

Calories: 336 Carbs: 0g Fat: 32g

Fiber: 0g Protein: 12g

Makes 8 servings

Ingredients

1 full rack baby back ribs, cut in half to fit in the pot

6 tablespoons olive oil

2 batches Red Pepper Dry Rub

½ cup water

Method

Coat the ribs with the oil and then with the dry rub, and put them in a slow cooker with the water.

Cover and cook on low for 8 hours. Serve hot.

BACON-WRAPPED “FRIED” PICKLES

Prep time: 12 Min

Cook time: 25 Min

Nutrition Facts Per Serving

Calories: 104 Carbs: 0g Fat: 8g

Fiber: 0g Protein: 7g

Makes 12 servings

Ingredients

12 dill pickle spears

12 strips bacon

Method

Preheat the oven to 400°F.

Wrap each pickle spear tightly with 1 piece of bacon.

Arrange the wrapped pickles on the baking sheet and bake for 25 minutes, or until the bacon is crispy.

Place on a wire rack to cool; the pickle juice and bacon fat make for a very hot

STUFFED POBLANO PEPPERS

Prep time: 10 Min

Cook time: 40 Min

Nutrition Facts Per Serving

Calories: 271 Carbs: 7g Fat: 19g

Fiber: 2g Protein: 18g

Makes 5 servings

Ingredients

2 tablespoons olive
oil, plus more for
greasing the baking
dish

1 pound ground pork

1 (4-ounce) can diced
green chiles

½ cup tomato sauce

Method

Preheat the oven to 400°F.
Grease a 9-inch square baking
dish.

In a large skillet, heat the olive
oil over medium-high heat. Add
the pork and begin to brown.

As the meat begins to brown,
add the diced green chiles,
tomato sauce, jalapeño, garlic,
basil, salt, and pepper. Cook,
stirring frequently, until the
meat is browned, about 5
minutes.

KETO DAIRY FREE RECIPES

1 jalapeño pepper,
chopped

1 tablespoon minced
garlic

1 teaspoon dried basil

1 teaspoon salt

1 teaspoon freshly
ground black pepper

5 poblano peppers

Stuff each poblano pepper with the meat mixture, and arrange the stuffed peppers in the prepared baking dish. Bake in the preheated oven for 30 minutes, or until bubbling and browned on the top.

SHEPHERD'S PIE

Prep time: 45 Min

Cook time: 8 Hrs.

Nutrition Facts Per Serving

Calories: 476 Carbs: 6g Fat: 40g

Fiber: 2g Protein: 23g

Makes 10 servings

Ingredients

2 pounds ground
sausage

1 (12-ounce) bag
spinach

1 cup sliced
mushrooms

1 onion, diced

1 cup bone broth

Method

In a slow cooker, combine the sausage, spinach, mushrooms, onion, broth, coconut aminos, and garlic.

Cover and cook on low for 7 hours.

Spread the Cauliflower Mash over the meat mixture. Cover and cook for an additional 30 minutes to 1 hour.

Serve hot.

KETO DAIRY FREE RECIPES

1/4 cup coconut
amino

2 tablespoons minced
garlic

1 recipe Cauliflower
Mash, prepared but
uncooked

GROUND-PORK SKILLET WITH ZUCCHINI AND ONION

Prep time: 10 Min

Cook time: 20 Min

Nutrition Facts Per Serving

Calories: 329 Carbs: 5g Fat: 29g

Fiber: 1g Protein: 15g

Makes 6 servings

Ingredients

2 tablespoons olive
oil

1 pound ground pork

1 large onion, diced

1 cup coconut milk

Method

Heat the olive oil in a large skillet over high heat. Add the pork and cook, stirring, until browned. Add the onion and cook, stirring frequently, until softened.

Stir in the coconut milk, garlic, salt, and pepper. Reduce the heat to low and cook until the sauce thickens.

KETO DAIRY FREE RECIPES

2 tablespoons minced
garlic

1 teaspoon salt

1 teaspoon freshly
ground black pepper

15 medium zucchini,
spiraled

Add the zucchini, toss to mix,
and serve immediately.

SAUSAGE BALLS

Prep time: 15 Min

Cook time: 25 Min

Nutrition Facts Per Serving

Calories: 258 Carbs: 0g Fat: 22g

Fiber: 0g Protein: 15g

Makes 15 servings

Ingredients

Oil, for greasing the
baking sheet

1 pound loose
breakfast sausage

2 tablespoons almond
flour

1 tablespoon hot
wing sauce

1 teaspoon cayenne

Method

Preheat the oven to 350°F.
Grease a large rimmed baking
sheet.

In a medium bowl, thoroughly
mix the breakfast sausage,
almond flour, hot sauce, and
cayenne. Form into bite-size
balls and place on the greased
baking sheet.

Bake for 25 minutes, or until
browned and cooked through.

NO-BAKE HAYSTACK COOKIES

Prep time: 10 Min

[Plus 3 Hrs. For Chilling]

Nutrition Facts Per Serving

Calories: 172 Carbs: 5g Fat: 16g

Fiber: 3g Protein: 2g

*Makes 15 To 18
servings*

Ingredients

1 (8-ounce) container
dairy-free cream
cheese

$\frac{3}{4}$ cup unsweetened
shredded coconut

$\frac{1}{2}$ cup Swerve
granular

Method

In a small microwave-safe bowl, melt the cream cheese in the microwave for 30 seconds. Whisk in the coconut, sweetener, peanut butter, cacao powder, and chia seeds.

On a baking sheet or plate, form the mixture into small domes, or “haystacks.” Chill in the refrigerator for 3 hours

KETO DAIRY FREE RECIPES

¼ cup peanut butter

1 tablespoon cacao
powder

1 tablespoon chia
seeds

MACADAMIA NUT BUTTER CUPS

Prep time: 10 Min

(4 Hrs. For Chilling)

Nutrition Facts Per Serving

Calories: 329 Carbs: 5g Fat: 33g

Fiber: 1g Protein: 3g

Makes 12 servings

Ingredients

Coconut oil, for
greasing the pan

1 batch Macadamia
Nut Butter

½ batch Chocolate
Sauce

Method

Grease a silicone muffin pan with coconut oil.

Pour the nut butter into the cups, dividing equally. Dampen your hands with cold water and use your fingertips to pat down and flatten the nut butter.

Freeze for at least 2 hours, or until hardened.

Pour the chocolate sauce over the chilled cups and freeze for at least another 2 hours, or until

KETO DAIRY FREE RECIPES



hardened. Serve straight from the freezer.

PEANUT BUTTER COOKIES

Prep time: 12 Min

Nutrition Facts Per Serving

Calories: 118 Carbs: 3g Fat: 10g

Fiber: 1g Protein: 4g

Makes 15 servings

Ingredients

$\frac{3}{4}$ cup peanut butter

1 cup Swerve
confectioners' (or
another powdered
alternative sweetener)

$\frac{1}{4}$ cup olive oil

1 large egg

Method

Preheat the oven to 325°F. Line a large baking sheet with parchment paper.

In a medium bowl, combine the peanut butter, sweetener, oil, and egg. Mix well.

Roll the batter into 1-inch balls and arrange them on the prepared baking sheet 2 inches apart. Press the tines of a fork into each cookie to get the traditional crosshatch design.

Bake for 12 minutes, or until lightly browned and crisp.

BEST BROWNIES

Prep time: 10 Min

Cook time: 25 Min

Nutrition Facts Per Serving

Calories: 288 Carbs: 13g Fat: 24g

Fiber: 8g Protein: 5g

Makes 10 servings

Ingredients

1¼ cups Swerve
granular

½ cup almond flour

½ cup coconut flour

½ cup cacao powder

1 teaspoon baking
powder

1 cup olive oil

Method

Preheat the oven to 350°F.

In a stand mixer, combine the sweetener, almond flour, coconut flour, cacao powder, and baking powder. With the mixer running, add the olive oil, coconut milk, egg, and vanilla extract. Mix until well combined.

Fill the wells of a standard 12-cup muffin tin about halfway with the batter.

KETO DAIRY FREE RECIPES

½ cup plus

2 tablespoons canned
coconut milk

1 large egg

2 teaspoons vanilla
extract

Bake in the preheated oven for
25 minutes.

Set the pan on a wire rack to
cool completely before serving

LEMON SQUARES

Prep time: 8 Min

Cook time: 50 Min

Nutrition Facts Per Serving

Calories: 115 Carbs: 13g Fat: 11g

Fiber: 0g Protein: 3g

Makes 9 servings

Ingredients

6 tablespoons
coconut oil, melted,

1 lemon, quartered
and seeded

4 large eggs

1 cup Swerve granular

Method

Preheat the oven to 325°F.
Grease a 9-inch square baking
dish.

Put the lemon wedges
(including the peel) in the
blender and add the eggs,
sweetener, and oil. Blend until
smooth.

Pour the mixture into the
prepared baking dish and bake
for 50 minutes, or until set.
Cool on a rack before cutting
into squares to serve.

PUMPKIN CHEESE CAKE

Prep time: 20 Min

Cook time: 1 Hr.

Nutrition Facts Per Serving

Calories: 246 Carbs: 5g Fat: 22g

Fiber: 0g Protein: 7g

Makes 10 servings

Ingredients

6 tablespoons
coconut oil, plus
more for greasing the
pan

1 cup almonds

1 (8-ounce) container
dairy-free cream
cheese , at room
temperature

4 large eggs

Method

Preheat the oven to 350°F.
Grease a standard 12-cup
muffin tin or a 9-inch pie plate
with coconut oil.

In a blender or food processor,
combine the coconut oil and
almonds, and process until
finely ground.

Press the almond mixture into
the bottom of the prepared
muffin tin or pie plate and
refrigerate while you make the
filling.

KETO DAIRY FREE RECIPES

½ cup Swerve
granular

½ cup pure pumpkin
purée

2 teaspoons vanilla
extract

1½ teaspoons ground
cinnamon

1 teaspoon ground
allspice

1 teaspoon ground
ginger

1 teaspoon ground
cloves

In a large mixing bowl, combine the cream cheese, eggs, sweetener, pumpkin purée, vanilla extract, cinnamon, allspice, ginger, and cloves, and beat to mix well.

Remove the chilled crust from the refrigerator and pour in the filling mixture.

Bake in the preheated oven until the center is set.

CHOCOLATE CHIP SKILLET COOKIE

Prep time: 10 Min

Cook time: 25 Min

Nutrition Facts Per Serving

Calories: 415 Carbs: 4g Fat: 43g

Fiber: 1g Protein: 3g

Makes 4 servings

Ingredients

Coconut oil, for
greasing the skillet

1 cup low-carb baking
mix

$\frac{3}{4}$ cup Swerve
granular

$\frac{3}{4}$ cup cacao butter,
melted

Method

Preheat the oven to 350°F.
Grease a 7-inch cast iron skillet
with coconut oil.

In a mixing bowl, stir together
the low-carb baking mix and
sweetener. Add the melted
cacao butter and vanilla extract
and mix until well combined.
Fold in the chocolate chips.

Pour the mixture into the
greased skillet and bake for 25
minutes

KETO DAIRY FREE RECIPES

2 teaspoons vanilla
extract

$\frac{1}{4}$ cup dairy-free
chocolate chips

CHOCOLATE BACON WITH PINK HI-MALAYAN SALT

Prep time: 10 Min

(2 Hrs. For Freezing)

Nutrition Facts Per Serving

Calories: 264 Carbs: 2g Fat: 24g

Fiber: 0g Protein: 10g

Makes 4 servings

Ingredients

1 batch Perfect
Bacon, cooled

½ batch Chocolate
Sauce

1 tablespoon pink
Himalayan salt

Method

Arrange the bacon on a large rimmed baking sheet and drizzle the chocolate sauce over the top.

Sprinkle with the salt and freeze for at least 2 hours, or until hardened.

Serve chilled or store in a zip-top bag in the freezer for up to 3 months.

CHOCOLATE CHIP PIE

Prep time: 20 Min

Cook time: 40 Min

Nutrition Facts Per Serving

Calories: 538 Carbs: 6g Fat: 54g

Fiber: 4g Protein: 7g

Makes 10 servings

Ingredients

For The Crust

2 cups almonds

1 cup cacao butter,
melted

For The Filling

4 large eggs

$\frac{3}{4}$ cup cacao butter,
melted

Method

Making Crust

Preheat the oven to 350°F.

In a blender, blend the almonds and melted cacao butter. Spread the mixture out in a 9-inch pie plate. Using wet fingers, press the mixture down to spread it and smooth it out.

Bake in the preheated oven for 10 minutes.

Remove from the oven (but leave the oven on), and chill in

KETO DAIRY FREE RECIPES

$\frac{3}{4}$ cup Swerve
granular (or another
granulated alternative
sweetener)

$\frac{1}{2}$ cup dairy-free
chocolate chips

the refrigerator while you make the filling.

Making the Filling

In a mixing bowl, combine the eggs, cacao butter, and sweetener. Stir in the chocolate chips.

Pour the batter into the chilled crust and bake for 30 minutes.

Chill until set, at least 2 hours, and serve cold.

PULLED PORK AFELIA

Prep time: 5 Min

Cook time: 6 Hrs.

Nutrition Facts Per Serving

Calories: 638 Cholesterol: 153 mg Sodium: 991mg

Total Carbs: 4.3g Fiber: 1.2g Sugar: 1.4g Protein: 40g

Makes 8 servings

Ingredients

$\frac{3}{4}$ cup red wine

$\frac{1}{2}$ cup olive oil

2 onions, peeled and
diced into wedges

1 $\frac{1}{2}$ tablespoons
coriander seed,
crushed

1 whole garlic, diced
in half

Method

Rub the pork with salt and place it in a zip lock bag along with half of the onion.

Mix all the remaining ingredients for marinade and pour the marinade into the bag.

Shake well and seal the bag to refrigerate for 12 hours.

Set your oven to 260°F (125°C).

Transfer the meat to a casserole dish along with its marinade and remaining onion.

KETO DAIRY FREE RECIPES

2 teaspoons dried
thyme

2 teaspoons ground
black pepper

2 teaspoons ground
cinnamon

3 lbs. pork shoulder

1 tablespoon salt

Cover the casserole dish and place it in the lower part of the oven for 5 to 6 hours.

Once done, pull the pork apart with forks and mix it well with the gravy.

Adjust seasoning as desired.

Serve warm.

PORK CHOPS WITH CABBAGE CASSEROLE

Prep time: 5 Min

Cook time: 45 Min

Nutrition Facts Per Serving

Calories: 782 Cholesterol: 219 mg Total Carbs: 10.9g

Sugar: 4.4g Protein: 36.5g

Makes 6 servings

Ingredients

Cabbage casserole

2 lbs. green cabbage

1 yellow onion

2 garlic cloves

2 2/3 oz. butter

Method

Set the oven to 400 F.

Slice onion, garlic, and green cabbage using a mandolin slicer in thin shreds.

Heat butter in a large skillet and sauté all the vegetables for 10 minutes until soft.

Stir in sour cream, heavy cream, spices, and cream cheese.

KETO DAIRY FREE RECIPES

1¼ cups heavy
whipping cream

½ cup sour cream or
crème Fraiche

5 oz. cream cheese

1 tablespoon ranch
seasoning

1 teaspoon salt

¼ teaspoon ground
black pepper

5 oz. shredded cheese

Pork Chops

2 lbs. pork chops

Salt and pepper, to
taste

1/6 oz. butter

Parmesan butter

5 1/3 oz. butter

2 oz. parmesan
cheese

½ teaspoon sea salt

Combine well and allow it to
simmer for 10 minutes.

Transfer the mixture to a
casserole dish and add cheese
on top.

Let it bake for 20 minutes in the
oven.

Combine all the ingredients for
the parmesan butter in a small
bowl.

Mix pork chops with salt and
pepper for seasoning.

Sear it in the heated butter until
al dente.

Let the meat to rest for 5
minutes then serve with the
casserole and parmesan butter.

1 pinch ground black
pepper

SCALLOPS WITH HERB BUTTER

Prep time: 5 Min

Cook time: 5 Min

Total Time: 10 Min

Nutrition Facts Per Serving

Calories: 577 Cholesterol: 176 mg Total Carbs: 2.2g

Sugar: 0.1g Protein: 10.9g

Makes 4 servings

Ingredients

8 scallops

Herb butter

4¼ oz. butter, at
room temperature

2 garlic cloves

Method

Whisk all the ingredients for the herb butter in a small bowl. Keep it aside.

Sear the scallops for 30 seconds per side, in a hot skillet until they are nicely browned.

Transfer the scallops to four serving bowls. Top each with herb butter mixture.

KETO DAIRY FREE RECIPES

2 tablespoons
chopped fresh parsley

1 teaspoon lemon
juice

1 teaspoon sea salt

$\frac{1}{4}$ teaspoon ground
black pepper

Broil for a few minutes at 450°F
(225°C) or until it bubbles.

Serve warm.

PEPPER SHRIMP

Prep time: 10 Min

Cook time: 15 Min

Total Time: 25 Min

Nutrition Facts Per Serving

Calories: 242 Cholesterol: 177 mg Total Carbs: 4.1g

Fiber: 0.4g Sugar: 0.2g Protein: 13.6g

Makes 3 servings

Ingredients

2 tablespoons butter

½ teaspoon smoked
paprika

1 pound shrimps,
peeled and deveined

1 red chili pepper,
seeded and chopped

Method

Combine all the ingredients in a bowl except lemongrass.

Marinate the shrimps for 2 hours.

Preheat your oven to 390 F.

Thread the cooked shrimps on the lemongrass stalks.

Bake the shrimps for 15 minutes.

KETO DAIRY FREE RECIPES

Lemongrass stalks

Serve warm with mayo sauce as desired.

TUNA CASSEROLE

Prep time: 5 Min

Cook time: 15 Min

Total Time: 20 Min

Nutrition Facts Per Serving

Calories: 622 Cholesterol: 78 mg Total Fat: 51.8g

Total Carbs: 21.7g Fiber: 2.1g Sugar: 6.7g Protein: 22.2g

Makes 6 servings

Ingredients

2 oz. butter

1 yellow onion

1 green bell pepper

2 celery stalks

1 lb. tuna in olive oil,
drained

Method

Set the oven to 400 F.

Add and heat butter in a skillet and sauté onion, celery and bell pepper for 3 minutes.

Season the mixture with salt and pepper.

Add tuna, parmesan cheese, chili flakes and mayonnaise to a greased baking dish.

KETO DAIRY FREE RECIPES

1 cup mayonnaise

4 oz. freshly shredded
parmesan cheese

1 teaspoon chili flakes

Salt and pepper, to
taste Serving

6 oz. baby spinach

Mix well and top the mixture with onion mixture and spinach leaves.

Bake for 15 to 20 minutes until golden brown.

Serve warm.

SMOKED MUSSEL

Prep time: 5 Min

Cook time: 8 Min

Total Time: 13 Min

Nutrition Facts Per Serving

Calories: 474 Cholesterol: 133 mg Total Carbs: 14.3g

Total Fat: 36.9g Fiber: 4.7g Protein: 24g

Makes 6 servings

Ingredients

4 eggs 8 oz. smoked,
canned mussels
(about 3.5 oz. per
can, drained)

2 avocados

½ cup mayonnaise

Method

Boil water in a pot and cook eggs for 4 to 8 minutes.

Once boiled, place the eggs in an ice bath for 2 minutes. Peel and dice into cubes.

Mix the eggs with avocado, mussels, mayonnaise, spinach and cottage cheese.

Top the mixture with salt, pepper, and olive oil.

KETO DAIRY FREE RECIPES

1½ oz. baby spinach

2 tablespoons olive
oil

½ cup cottage cheese
(optional)

1 tablespoon fresh
chives, chopped
(optional)

Salt and pepper, to
taste

Serve.